

The State of Washington



Proclamation

WHEREAS, for some Washington residents the challenges, stresses and demands of daily life take a toll, burdening them with mental illness and depression; and

WHEREAS, there are tested and effective tools to help these individuals – medications, treatment programs, support services, and the greatest tool – our compassion and understanding; and

WHEREAS, mental illness can cause a terrible strain on the individual's physical health, mood, productivity, and relationships, and Washington is committed to helping those afflicted cope with the challenges and enhance their well-being; and

WHEREAS, children and adolescents can experience the same mental health issues as adults, and addressing their complex needs is fundamental to the future of our state; and

WHEREAS, the stigma of mental illness – often leaving people feeling rejected, lonely, or isolated – can be a barrier to recovery that, once removed, will result in a productive and satisfying life;

NOW, THEREFORE, I, Christine O. Gregoire, Governor of the state of Washington, do hereby proclaim May 2010 as

Mental Health Awareness Month

and May 6, 2010, as

Children's Mental Health Awareness Day

in Washington State, and I urge all citizens to join me in this special observance.

Signed this 29th day of April, 2010

Governor Christine O. Gregoire

